

Script for “Incorporating Healthy Eating and Physical Activity Into Your Facility” presentation

- Slide 1 Good Morning or Good Afternoon. Today we are going to discuss incorporating Healthy Eating and Physical Activity into your facility.
- Slide 2 The first objective is to discuss the importance of healthy eating and physical activity for children between birth and 5 years old. The second objective is to identify ways that you can promote healthy eating and physical activities for children in your care, your staff, and parents.
- We all play a key role in accomplishing the goal of eating healthy and increasing daily physical activity among young children.
- Slide 3 Optimal nutrition and regular physical activity can prevent many health problems in children and adults. These health problems include obesity, malnutrition, iron-deficiency anemia, and dental cavities. Good nutrition and physical activity can also lower the risk for developing chronic illness such as heart disease, diabetes, certain cancers and stroke.
- Slide 4 We are going to go around the room and introduce ourselves, the facility name and location where you work, and your favorite fruit or vegetable and why. (7 minutes)
- I'll start, my name is _____, I am employed by _____ located in _____, and my favorite (fruit or vegetable) is _____ because _____.
- Slide 5 Healthy eating and physical activity are important for a number of reasons, the most important for children between birth and 5 years old is for proper growth and development.
- Other reasons include:
- * Controls weight
 - * Improves strength and endurance
 - * Develops motor skills and coordination
 - * Reduces fat
 - * Promotes psychological well-being
- Slide 6 Recommendations for Healthy Eating
- Slide 7 The best source of nutrients for infants is breast milk. Breast milk is produced especially for infants and includes necessary nutrients for proper growth and development. It is known as the Golden Standard.
- Look for signs of hunger such as fingers in their mouth, fussiness, and crying. Also, look for signs that the infant is full. They will begin to look away or stop eating.

Feed infant as needed, do not overfeed and force infant to eat.

Slide 8 Delay solids and cereals until 4-6 months old, which is about when the infant can sit and control their head and neck. Start with iron-fortified rice cereal with a spoon. Always offer one food at a time for a week (7 days) to monitor for food allergies or allergic reactions.

Also clean gums and teeth twice a day.

Slide 9 At 6 months, offer infants 100% fruit juice in a cup. Offer finger foods so that the infants can learn to feed themselves, be patient and encourage parents to be patient during this learning stage.

Offer three meals with snacks daily at 9 months old.

Slide 10 Infants should be weaned off the bottle between 12 and 14 months, but the sooner the better to prevent baby bottle tooth decay. This is also when whole milk is introduced to the toddler in a sippy cup.

Provide toddlers with a variety of foods from all food groups every 2-3 hours or three meals and two snacks per day.

It is also important to provide a stress-free eating environment, distractions can prevent the child from eating.

Slide 11 Children of this age group should be encouraged to use eating utensils and drink from a regular cup.

To reduce their fat intake, they can be introduced to reduced fat milk (2%, 1%, or skim milk).

They should also be offered a variety of foods from all food groups.

Slide 12 It's very important that you respect cultural differences, offer new foods, and eat meals together. Eating together gives you the opportunity to be a good role model. Encourage the child to try new foods by trying them together.

Slide 13 This is the new MyPyramid for kids. Refer to handout 1 (page 33) in the packet. The pyramid illustrates that foods from all groups are needed daily for good health. The 6 color bands (point out the different colors orange, green, red, yellow, blue, and purple) are representing the 5 food groups of the pyramid and oils, which symbolize variety.

The handout also describes how much food is a serving and how many servings are needed daily.

Handout 2 and 3 (page 34 – 36) can be used for parent information about the MyPyramid for Kids and tips on healthy eating and physical activity for children.

Handout 4 (page 37) is a coloring page you can use to introduce good nutrition and the different food groups to children in your care.

- Slide 14 Healthy Snacks Ideas
- Slide 15 Here are some simple recipes that kids will enjoy that are healthy.
Paradise Smoothie (briefly discuss ingredients and directions.)
- (Note: Have ingredients and small plastic cups ready for this recipe and quickly prepare for attendees.) (10 minutes)
- Slide 16 Strawberry Banana Split is another healthy snack that kids may enjoy.
(Briefly discuss ingredients and directions.)
- Slide 17 Cracker Cuts Salsa Snack (Briefly discuss ingredients and directions.)
- Slide 18 Sample Activities
- Slide 19 (Have “Mystery Can” prepared using lesson plan in Handouts section, insert fruit (use a Kiwi for example), ask for 3-4 volunteers to choose one word to describe the idea in can. Reveal Kiwi and explain that this activity can be used to introduce new fruits and vegetables to children. Pass fruit or vegetable around for all children to feel. Finally, wash and cut fruit for children to taste.) The lesson plan for this activity is on page 42. (5 minutes)
- Slide 20 Here are some other activity that can be incorporated into your facility to encouraged healthy eating habits. The lesson plans for these activities are on pages 38-41 of your handouts.
- Slide 21 What is physical activity? (Ask this question to the group, allow them to answer.)
- Slide 22 According to the Center for Disease Control, Physical Activity is any bodily movement produced by muscles that result in the use of energy.
- Slide 23 Many factors influence an infant’s physical activity. These factors include the way they’re held and handled, the toys they play with, and their surroundings.
- They should be provided the opportunity to move. Their physical activity should promote skill development. Physical activities for infants include softly rolling, turning, bouncing, and swaying them. No rough activities and be aware of signs of distress such as crying or unusual facial expressions.
- The National Association for Sports and Physical Education has established guidelines for infants’ physical activity. Infants should interact with parents and caregivers daily to promote the exploration of their environment, physical activity should contribute to their development, and individuals responsible for their well-being should be aware of the importance of physical activity.
- (Briefly discuss materials needed and procedures for each lesson plan.)
- Slide 24 The guidelines for toddlers state they should accumulate at least 30 minutes of structured physical activity and at least 60 minutes of

unstructured physical activity daily. Parents/caregivers must encourage physical activity so that toddlers can master movement skills that will result in performing more complex tasks.

Slide 25 Preschoolers should accumulate at least 60 minutes of structured physical activity and at least 60 minutes of unstructured physical activity daily. They should also master competence in movement skills that will result in performing more complex tasks.

Decrease inactive behaviors like TV viewing and video game playing.

Slide 26 Sample Physical Activities

Slide 27 (Discuss sample physical activities.)

Slide 28 (Discuss sample physical activities.)

Slide 29 The slogan Eat Smart. Play Hard. is a national campaign designed to promote healthy eating and physical activity behaviors in children. This is an initiative to promote optimal well-being as well as reduce the prevalence of diet-related health problems.

The campaign wants to achieve several goals, which are: (1) to encourage families to adopt behaviors that are consistent with the Dietary Guidelines for Americans and the MyPyramid, (2) to communicate behavioral and motivational nutrition education and physical activity messages to children and caregivers, and (3) to foster positive behavior change to promote nutrition and health, and reduce the risk for obesity and chronic diseases.

Slide 30 The campaign focuses on four basic themes. They are be a role model, eat breakfast with kids, grab quick and easy snacks, balance the day with healthy foods and activities, and move more and sit less. Make family time and active time.

Slide 31 Promotional Materials are available to promote the campaign in your facility. Handouts 9-14 (pages 43-48) illustrates the posters that are available. The order form is online at www.fns.usda.gov/eatsmartplayhard/orderform.htm.

Also available are table tents, songs with music, stickers, tattoos, activity sheets, brochures for parents, and bookmarks.

Slide 32 The Eat Smart. Play Hard.™ kids' web page connects kids to healthy eating and physical activity experiences within the community. It provides kids with interactive learning and skill-building experiences in a virtual community setting. The web page encourages and motivates kids to make better lifestyle choices using kid-friendly entertaining techniques.

Slide 33 The new Healthy Lifestyle web page provides parents and other caregivers with tools for healthy living including tasty, low cost menus and recipes that meet the new food guidelines. The web page has a handy Calorie Burner Chart, the MyPyramid Tracker, and the ESPH Tracking Card. FNS developed these resources to help parents make the MyPyramid guidance a part of their daily lives and set a good example for kids

- Slide 34 The Healthy Eating for Life Website is designed to promote healthy eating and physical activity for children between birth and five years old. The site provides trainings and events related to nutrition and physical activity education for caregivers, parents, and child development professionals. Visit www.healthyeatingforlife.org.
- Slide 35 Continue introducing new foods and providing nutrition education to children as they grow. Daily physical activity combined with nutritious meals will result in healthy children.
- Slide 36 This concludes my presentation on “Incorporating healthy eating and physical activity into your facility”. Are there any questions?